

<b>Body Part</b>	<b>Comfortable</b>	<b>Uncomfortable</b>
<b>Legs/Feet</b>	<ul style="list-style-type: none"> <li>▪ Stay where they are</li> <li>▪ Move towards you</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turn away from you</li> <li>▪ Move away from you</li> <li>▪ Wrap legs around chair legs</li> <li>▪ Kick up with foot</li> </ul>
<b>Torso, Chest, Shoulders</b>	<ul style="list-style-type: none"> <li>▪ Leaning toward you</li> <li>▪ Their torso is facing your torso</li> </ul>	<ul style="list-style-type: none"> <li>▪ Moving away from you</li> <li>▪ Shielding their torso with object or hands</li> <li>▪ Torso splaying (e.g., sprawling in a chair) is sign of disrespect</li> <li>▪ Puffing up chest is sign of disrespect</li> </ul>
<b>Arms</b>	<ul style="list-style-type: none"> <li>▪ Unrestrained movement</li> <li>▪ To relax someone, show inside of arms, palms up</li> </ul>	<ul style="list-style-type: none"> <li>▪ Arms across chest and/or come down</li> <li>▪ Arm freeze may indicate abuse</li> </ul>
<b>Touch</b>	<ul style="list-style-type: none"> <li>▪ Arms touching someone</li> <li>▪ Brief touch on arm indicates ease</li> </ul>	<ul style="list-style-type: none"> <li>▪ Arms behind back</li> </ul>
<b>Hands and Fingers</b>		<ul style="list-style-type: none"> <li>▪ Hiding hands</li> <li>▪ Fingers pointing</li> <li>▪ Shaking hands can indicate stress—depends on context</li> <li>▪ Less movement when threatened</li> <li>▪ Hand-wringing</li> <li>▪ Thumbs in pockets, fingers out</li> <li>▪ Interfacing of fingers</li> <li>▪ Putting hands under the table</li> </ul>
<b>Face</b>	<ul style="list-style-type: none"> <li>▪ Loosening of forehead lines, lines around mouth relax, lips are fuller, eyes are wider</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tense—tightening jaw, flared nostrils, quivering mouth, tight lips</li> </ul>
<b>Eyes</b>	<ul style="list-style-type: none"> <li>▪ Something we like—pupils dilate</li> <li>▪ Eye flashes—a pleasant surprise</li> </ul>	<ul style="list-style-type: none"> <li>▪ Something we don't like—eyes constrict</li> <li>▪ Eyes down—emotional processing</li> <li>▪ Eye blocking</li> <li>▪ Roving eyes leave a bad impression</li> </ul>